



'Classic'

1 |

✓ **Aluminium hemisphere with anti-slip rubber underlay**

1 | Sport-Thieme 'Classic' Sports Disc

Comes with a non-slip rubber floor mat.

10-year guarantee!

☎ 71 129 5809

Each

Sport-Thieme Sports Disc

With non-slip surface and milled section to indicate the centre

✓ **10-year guarantee**

They have so much to offer! The integrated steel base of the Sport-Thieme sports discs mean that they sit on the floor without moving – until you get on them, that is! Just the slightest movement away from the centre results in immediate instability: they tip to the side and the user must react immediately. The hemisphere shape makes the tilt significantly greater than an ellip-

etically shaped plastic disc. This makes every balance practice session a sporting challenge for your sense of balance and coordination. At the same time, it strengthens the muscles in the feet, legs and pelvic floor as well as placing additional demands on the muscles in the torso when exercising in a kneeling or sitting position, or when lying on your stomach.

The Sport-Thieme sports discs consist of a coated wooden disc with a ø of 37 cm, fixed onto an 11-cm-high aluminium hemisphere with a steel core. They can hold up to 180 kg. **Come with detailed exercise instructions!**



'Pro'

2 |

✓ **With non-slip and abrasion-resistant, plastic-coated hemisphere**

2 | Sport-Thieme 'Pro' Sports Disc

Sits securely on all surfaces, with its non-slip and abrasion-resistant, plastic-coated hemisphere.

10-year guarantee!

☎ 71 129 5838

Each

Top rated
sport-thieme.com



Gerte wrote:

"Awesome! This disc is of a very high quality and great fun. Perfect balance training for meeting the highest of demands. Couldn't be better!"

i More training and therapy aids online at:
sport-thieme.com